

BIKE WEEK

NUTRITION

Having a well-planned strategy for nutrition and hydration will ensure your body has enough when you start and enough to keep you going! Whether it be indoor exercise or on-the-road cycling, knowing what and when to drink and eat will ensure you maintain performance.

WHAT TO EAT



A nutrient-rich diet is required to support long and intense sessions and events. For energy and calorie needs, it should match the amount you're doing especially during multiple events and training sessions in a day. This ensures enough energy, fuel, recovery and adaptation. In general aim to consume:

- 4-7g/kg of bodyweight of carbohydrates for club cyclists
- 8-10g/kg of bodyweight of carbohydrates for elite cyclists
- Generally, the longer and more intense the exercise, the more you will require.

For example:

- Porridge with milk and fruit
- Rice dish
- Fruit smoothie
- Baked potato

Small snack ideas for in-between sessions and races:

- Fruit with yoghurt
- Toast with fruit (banana) and peanut butter
- Muesli bar with fruit
- Can of full sugar fizzy drink with fruit

HYDRATION AND FLUIDS



It is important you start a training session or an event well hydrated. This can be done by drinking throughout the day with meals and with snacks. Sipping fluids throughout the day will help, especially the day before and during the training/event. Aim to replace 150% fluid loss within 4-6 hours after a session.

Carbohydrate drink for fuel can be useful for harder and longer sessions. Having water with salty foods (i.e. bread, pizza) can be a good recovery strategy for rehydration and energy.

You can work out fluid lost during exercise by weighing yourself before and after. This will give you the percentage lost. For example, if you weighed 70kg before exercise and 65kg after, replace 5kg of bodyweight with fluid (150% of 5kg).

WHAT ABOUT DURING?



For short high-intensity events, regularly mouth-rinsing with a carbohydrate drink may provide performance benefits. In longer events (90 minutes+), consuming 30-60g carbohydrate per hour is recommended to prevent muscle fatigue, maintain power output and brain function. Higher rates of carbohydrate (up to 90g/hour) may provide additional benefit at high speeds and events longer than 3 hours, but this must be a mixture of glucose and fructose and will need to be practiced during training. Examples:

- Fruit (bananas, apples, grapes)
- Energy-dense bars
- Sport gels
- Sport chewables
- Fruit cake/bars/buns
- Sport drinks

Sources:

- <https://www.sportsdietitians.com.au/factsheets/food-for-your-sport/food-for-your-sport-road-cycling/>
- <https://www.nutrition.org.uk>